My goals:

Blood Sugar Log

	Before Breakfas	t 🛎		Before lunch	A MA		Before dinner					}	Notes:
Date	Insulin: Fast: Slow:			<u>Insulin:</u> Fast:			<u>Insulin:</u> Fast:			Insulin: Slow:			Notes:
	Time	Sugar	Insulin	Time	Sugar	Insulin	Time	Sugar	Insulin	Time	Sugar	Insulin	

	Before Breakfas	t <u></u>		Before lunch	THE STATE OF THE S		Before dinner			Before bed	Ç	}	
Date	Insulin: Fast: Slow:			<u>Insulin:</u> Fast:			<u>Insulin:</u> Fast:			Insulin: Slow:			Notes:
	Time	Sugar	Insulin	Time	Sugar	Insulin	Time	Sugar	Insulin	Time	Sugar	Insulin	



More information at sfghdiabetes.org